

Living with a tobacco user: Influences on youth

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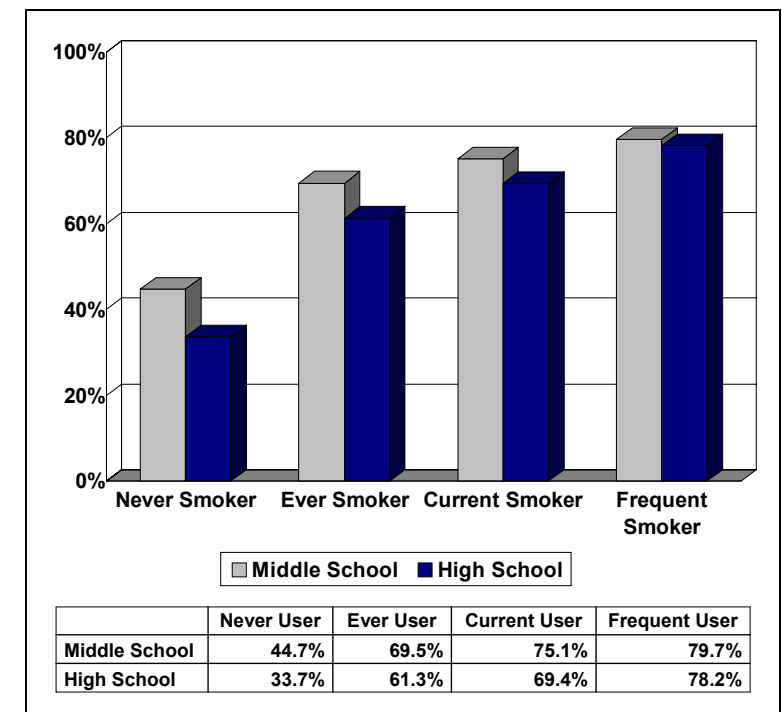


Tobacco use is the single most preventable cause of death and disease in the United States. Smoking alone is responsible for more than 380,000 premature deaths in the United States annually. Close to 9,800 of these deaths happen to Hoosiers. Each year, more than 10,200 Indiana youth become daily smokers. One in three will die from smoking-related diseases.

Youth who live with a smoker are much more likely to smoke themselves.

- Middle school students who smoked were more likely to live with someone who also smokes.
 - Students likely to live with smokers include those who tried cigarettes, currently smoke (at least one cigarette in the past 30 days), and smoke often.
 - In fact, youth living with a smoker were almost twice as likely as to smoke frequently as those who never smoked.
- High school students who smoked were also more likely to live with a smoker.
 - Frequent smokers were significantly more likely to live with a smoker than were youth who currently smoked (but not frequently) and those who tried smoking.
 - All students who smoke were more likely to live with a smoker than students who never tried smoking.

Percentage of middle school and high school students who report living with someone who smokes cigarettes by smoking status



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Youth who live with someone who uses smokeless tobacco are more likely to use it themselves.

- As with smoking, middle and high school students who even tried using smokeless tobacco products were more likely to live with someone also uses it.
- Among high school students, frequent users were more likely to live with someone who uses smokeless tobacco than students who use it currently or ever tried it.

Conclusions

Tobacco use by someone in the house influences youth's behavior. Users of tobacco products:

- Model tobacco use behavior
- Send a message to children that tobacco use is acceptable
- Give youth an opportunity to obtain tobacco products

Smokers also expose children to harmful secondhand smoke. Quitting right now will not only benefit your health but may prevent children living with you from starting. If one parent quits smoking before their child is 8 or 9 years old, their child's odds of being a regular smoker decreases by 25%. If both parents quit, the odds go down to 40%.

Percentage of middle school and high school students who report living with someone who uses chewing tobacco, snuff, or dip by user status

